

Personal Essay

The Personal Essay is required from all applicants. It must be no more than 1 page (double spaced, Times New Roman, no smaller than 10 and no larger than 12 font size, and 1 inch margins). Ensure your name is included on the essay. The essay must be current (i.e., do not submit last year's essay). Using a four paragraph concept, outline personal/professional plans and goals, why you want to train in a particular specialty, and what strengths you bring to that specialty. If you have any extenuating circumstances for the Joint Service Graduate Medical Education Selection Board (JSGMESB) to consider, communicate these in your last paragraph.

Examples of extenuating circumstances include, but are not limited to, marriage to a member of the AF or another service; a spouse in a training program not affiliated with the Air Force (a statement from your spouse's training program is required to substantiate their presence in the program); a parent with a terminal illness (documentation is required from the provider stating parent is in their care and a prognosis); and a family member enrolled in the Exceptional Family Member Program (EFMP) or with special needs (documentation required). **You should also discuss these circumstances during your program interviews and also email your Physician Education Program Manager to bring their attention to your extenuating circumstance.** Your personal essay is an opportunity to communicate with the JSGMESB-please use this to your advantage!

Important: If you are listing re-deferred (unfunded) training as your first choice, when there are active duty locations available, you must indicate your reasons for having re-deferred as your first choice.

Personal Essay Checklist

- 1 page
- Double spaced
- Font = Times New Roman, 10 – 12 font size
- 1-inch margins
- Name on top of page
- Four paragraph concept
 - o Outline personal/professional plans and goals
 - o Why you want to train in a particular specialty
 - o What strengths you bring to that specialty
 - o Extenuating circumstances